

a water-stealer will be re-born as a Chitaka  
bird. A stealer  
of house, after suffering the pangs of many a  
hell such as  
the Raurava, etc., will be reborn as an insect,  
worm, shrub,  
creeper, or grass. The same fate awaits those  
who steal  
gold, or kine. A stealer of knowledge, after  
suffering the  
pangs of many hells, shall be re-born as a  
dumb person.  
He, who casts oblations in a weak fire, shall be  
re-born as  
one suffering from indigestion. Scandalising,  
ingratitude,  
hurting other men's feelings, cruelty,  
slandering, adultery,  
stealing other men's goods, impurity or  
uncleanness, speaking  
ill of the gods, cheating and miserliness are  
the traits in  
the conduct of those who are just liberated  
from hell.  
Compassion towards all, asking good news of all  
creatures,  
works for the purpose of acquiring spiritual  
benefit, truth--  
fulness, good advice to all, judgment in the  
light of the  
Vedas and philosophies, performances of good  
deeds, service  
of the gods, Rishis and Siddhas, company of the  
good and  
friendliness to all are the traits in the conduct  
of those,  
among men who have come down from the  
heaven. By  
practising Yoga with its eight component parts,  
one is enabled  
to effect one's Atyantika Layam (Non-existence  
of Self.)

#### CHAPTER CCXXXV.

Now I shall describe the mode of practising the  
great Yoga,

which absolves a man of all sin and grants him  
emancipa-  
tions, and creature-comforts in this life. This  
(narration),  
listened to in a devout spirit, serves to  
extinguish, att sin.  
The sense of "me" and.\*'mine'<sup>7</sup> are. the root of  
all misery-  
This sense of Egoism does not cease to exist.  
This is what  
the holy Dattitreya narrated to Alarka.  
This.tree, which  
sprouts up from the. feeling of Egoism as its  
seed, has